

2022 SPORTS4VETS THROWDOWN - WEEK 1

MOBILITY DIVISION

WORKOUT

As many rounds and repetitions as possible in 5mins of:

10 Ground-to-Overhead (G2O)

10 Air Squats

♂ 20lb. or 10lb. if using a single-arm

♀ 10lb. or 5lb. if using a single-arm



WORKOUT DESCRIPTION

Athletes begin the workout in a standing tall. Athletes will have five (5) minutes to complete as many rounds and repetitions of the workout as possible. Athletes must complete all repetitions of the first movement before moving to the next movement. Athletes may rest as needed but must continue their work where they left off prior to resting.

SCORING

Total repetitions completed in 5mins.

Example: 4 complete rounds plus 5 ground-to-overhead reps = 85 reps

Athletes are required to keep track of and submit their own score. A scorecard is provided to assist in keeping track. A best practice is to have an assistant help keep track of your rounds and repetitions.

Submit score on Competition Corner

(Link: <https://competitioncorner.net/events/6358>)

MOVEMENT GUIDANCE

Athletes may consider modifying movements due to ability and to accommodate safe range of motion. Athletes in any division may modify either of the movements to a seated version. Refer to the Wheelchair Division standards for reference.

EQUIPMENT

The Ground-to-Overhead movement is the only weighted movement that requires an external load.

Loads do not need to be exactly measured to the prescribed weight, but athletes should try to approximate the weight as close as possible.

Athletes may use any load they have available. Traditional gym weights such as a dumbbell, a kettlebell, or a medicine ball may be used. Use of a barbell is not permitted.

Another acceptable option for the loaded weight is to use any bag, backpack, or duffle bag with additional weight inserted. Best options for inserted weight are bagged rice, bagged flour, bagged sugar, or bagged sand.

RISK MITIGATION

Safety is paramount. Athletes should not perform any movement that causes pain or could lead to injury.

Athletes may make modifications to the workout as needed regarding risk mitigation.

MOVEMENT STANDARDS

GROUND-TO-OVERHEAD

Video: https://youtu.be/KBjiT_J3ASE

- Every rep begins with the weight on the ground.
- Any variation of a snatch, or clean and press, push press or jerk is acceptable.
- The rep is credited when the weight is overhead and the athlete is standing tall with the arm(s), shoulder(s), and hips at full extension. The weight should be in the frontal plane (over the head and shoulders).
- Touch and go is permitted, but deliberately bouncing the weight off the ground is not permitted.

AIR SQUAT

Video: <https://youtu.be/Mh-NctJ2jqw>

- Every rep begins with the athlete standing tall.
- At the bottom, the athlete's hip crease must pass below the top of the knee.
- The rep is credited when the athlete returns to a standing tall position with knees and hip fully extended.

MODIFICATIONS

WEIGHT: Reduce weight to match ability. Athletes should be able to perform 10 unbroken ground-to-overhead movements in one set but be still challenged.

RANGE OF MOTION:

- Modify start position to knee height (known as a hang).
Video example: <https://youtu.be/ObQkxIODL5I>
- Modify finish position to accommodate athlete's safe range of motion.

MODIFICATIONS

BALANCE: Add additional points of contact using the upper body to increase balance.

RANGE OF MOTION: Modify squat depth to accommodate the athlete's safe range of motion.

GENERAL SAFETY: Athletes may use a box or similar object to be set at their bottom position. Athletes may sit or rest on this object. Height should be set athletes attainable squat depth.

WEEK 1 SCORECARD

As many rounds and repetitions as possible in 5mins of:

10 Ground-to-Overhead (G2O)

10 Air Squats

♂ 20lb. weight | ♀ 10lb. weight

ROUND	10 GROUND-TO-OVERHEAD	10 AIR SQUATS
1	10	20
2	30	40
3	50	60
4	70	80
5	90	100
6	110	120
7	130	140
8	150	160
9	170	180
10	190	200

Total Repetitions: _____

Submit score on Competition Corner (link: <https://competitioncorner.net/events/6358>)



WEEK 1 PREPARATION

OVERVIEW

A training session is provided to prepare athletes for the scored workout by exposing them to the movements and intensity of the event. This training session is not required but athletes are encouraged to practice the movements before adding intensity.

TRAINING SESSION PLAN

TIMELINE	ELEMENT	DESCRIPTION
0-5	Session Setup	<ul style="list-style-type: none"> - Weight that you will use for the ground-to-overhead movement - Space to perform air squats
5-10	Warm-Up	General Warm-Up (1 Round): 15s Neck Rolls (each direction) 15s Shoulder Rolls (forwards/backwards) 15s Big Arm Circles (forwards/backwards) 15s Shoulder Twists (internal and external rotations) 15s Chain Breakers 15s Arm Back Slaps
		Specific Warm-Up (2 Rounds): 15s Jumping Jacks 15s Toe Touch to Overhead Reach 15s Air Squats
15-21	Training Session	3 Rounds: 30s Ground-to-Overhead 30s Rest 30s Air Squats 30s Rest
21-25	Cooldown & Recovery	<ul style="list-style-type: none"> - 3mins: slow movement: walk, manual push, or easy on a cardio machine - 2mins: Cooldown breathing (3s inhale, 3s hold, 3s exhale, 3s hold) <i>*Stretch muscle groups used during your session</i>